

I claim:

1. A device for restraining an object proximally to a hand of a user, the hand having more than one side, said device comprised of an arm member and at least one attachment member, said at least one attachment member being attachable to said arm member, said object being restrainable proximally to said hand by extending said at least one attachment member between one side of the hand and another side of the hand, wherein the object is positioned between the hand and said at least one attachment member.
2. The device of claim 1 wherein said object is a living being.
3. The device of claim 1 wherein said at least one attachment member has a first end, said first end being removably attachable to said arm member.
4. The device of claim 1 wherein said at least one attachment member can be positioned around said arm member when said at least one attachment member is not extended around said object.
5. The device of claim 1, said device further having a raised portion, said at least one attachment member being attachable to said raised portion.

6. The device of claim 1 wherein said arm member is attached to a glove.
7. The device of claim 1 wherein said arm member is attached to a sleeve.
8. The device of claim 1 wherein the hand of a user has a palm side and an outer side, said object being attachable to said hand by extending said at least one attachment member between the palm side and the outer side of the hand, wherein the object is positioned between the hand and said at least one attachment member.
9. The device of claim 8, wherein said object is positioned between the palm side of the hand and said at least one attachment member.
10. The device of claim 9, wherein the object is a gun.
11. The device of claim 9, wherein said arm member has a pivoting portion, said pivoting portion pivoting when said at least one attachment member is positioned around the object.
12. The device of claim 11, said pivoting portion further having a memory member.
13. A system for restraining an object to a hand of a user, the hand having at least two sides, said system comprising an object restraining device, said device having an arm member and at least one attachment member, said

system further comprising an object, said object comprising at least one groove, said object being attachable to the hand by extending said at least one attachment member between one side of the hand to another side of the hand, wherein said object is positioned between the hand and said at least one attachment member, and wherein said at least one attachment member is retainable in said at least one groove.

14. A groove member, said groove member being attachable to an object, said groove member having a groove side and an attachment side, said groove side having a groove, said attachment side being attachable to an object.

15. An attachment member for restraining an object proximally to a hand of a user, said attachment member comprising at least one first end and at least one second end, said attachment member further comprising at least one intermediate portion, said at least one intermediate portion being located between said first end and said second end, said first end having an attacher and said second end having an attacher.

16. The attachment member of claim 15 wherein said attacher is a bracket.

17. A stick training system, said system comprised of a practice stick and a device for attaching a practice stick

to a hand of a user, the hand having at least two sides, said device comprised of an arm member and at least one attachment member, said practice stick being attachable to said hand by extending said at least one attachment member between one side of the user's hand and another side of the user's hand, wherein said practice stick is attachable between the hand and said at least one attachment member.

18. A system for restraining a gun to the hand of a user, the hand having a palm side and at least one other side, said system comprised of an object restraining device and a gun, said device comprised of an arm member and at least one attachment member, said gun being restrainable to said hand by extending said at least one attachment member between one side of the hand and another side of the hand, wherein said gun is positioned between the palm side of the user's hand and said at least one attachment member.

19. The system of claim 18 wherein the user's hand is connected to the user's wrist, and wherein said gun is releasable from being restrained by said device to the hand of the user when the user flicks his or her wrist.

20. The system of claim 18 wherein the gun has a barrel and a handle, and wherein said gun is releasable from being restrained by said device to the hand of the user by

restricting the movement of said barrel and by pulling the user's hand off the end of the handle.

21. The system of claim 18 wherein the gun experiences muzzle flip when fired, and wherein said device stabilizes the gun in the hand of the user when muzzle flip occurs.

22. A device for restraining a living being proximally to an arm of a user, the arm having more than one side, said device comprised of an arm member and at least one attachment member, said living being restrainable to said arm by extending said at least one attachment member between one side of the arm and another side of the arm, wherein the living being is positioned between the arm and said at least one attachment member.

23. The device of claim 22 wherein the neck of the living being is positioned between the arm and said at least one attachment member.

24. The device of claim 22 wherein said device is use for self-defense.

25. The device of claim 22 wherein said device is used for military purposes.

26. The device of claim 22 wherein said device is used for law enforcement purposes.